

Title: Herbs for Healing

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This book will cover the practice of using herbal remedies to cure every day illnesses, treat wounds, and counteract poisons.

The student of Herbalism knows that there is a certain stigma surrounding the use of certain herbs. As we know, many herbs have use in the arcane arts.

Obviously, Herbalism is separated from Alchemy or Magery in their use of said herbs, for the preparations and use of the herbs in Herbalism is entirely natural and in no way magical in nature.

The most common healing herb is Garlic. It has a reputation of being able to repel the undead, specifically vampires, and it holds a place in many a paranoid individual's home.

These legends come from the fact that Garlic is a powerful protection against common illnesses, colds, pox, flus, etcetera. When taken whole, Garlic produces an undesirable aura about the person as it is secreted through their sweat, but it also provides them much protection against common illnesses. Garlic requires littler preparation to be used medicinally.

Next comes Ginseng. it is a known

energy-giver and can be prepared rather simply to be administered medicinally. It must be ground carefully in to a fine powder, and then dissolved within water (do not dilute it too much) and it produces a drinkable solution that will guard against fatigue.

Mandrake also has a stigma surrounding it. It is rumored that a mandrake is living, and when the root is pulled from the ground, it emits a cry that will kill any humans who hear it.

Contrary to that legend, Mandrake is quite harmless in its ordinary form. In fact, it can be quite helpful when procured right. Again, when this root is ground in to a fine powder and mixed with water, it increases the taker's physical energy, while Ginseng simply guards against fatigue in physical actions.

Next comes Bloodmoss, which often grows in shady, moist areas beneath large trees.

Bloodmoss, though bitter in its normal form, can be consumed raw. Few preparations are involved in the use of bloodmoss due to its already malleable and consumable form. When consumed raw, Bloodmoss increases the taker's capacity of thought. Perfect for stress and dilemmas.

The Black Pearl is misnamed, though it does resemble a pearl. The Black Pearl is in fact the meaty fruit of an unknown, subterranean

plant that deposits it's fruit to the surface.

Further studies in to the origins of the Black Pearl have not yet been pursued. The most widely accepted preparation of Black Pearl is to blanch it in hot water, loosening the pearly-black skin from the meat of the fruit itself, and pealing it.

Once peeled, it can be chopped in to small pieces and perhaps served with the patient's meal, due to it's bland flavor. Black Pearl, when consumed, restores magical energy in a patient that has been forcefully drained. A lesser known use is to mash it in to a paste and mix it with Ginseng, which when consumed, will guard against internal injury and mental injury, such as ruptures, hernias, concussions, etcetera.

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